

# *the* Kingsport Senior Center News



## Easter Lunch

Tuesday,  
March 22,  
2016

11:30A.M.-  
1:00P.M.

Bring a side  
dish to feed  
12-15 people



Don't miss our Easter Luncheon!  
Please make sure to bring a side  
dish to feed 12-15 people. Door  
prizes will be given. You can  
sign up now in the front office.

**Note:** You will not be allowed  
into the gym until 11:00A.M

Please sign up before March 15.

## Save the Date: Mark Your Calendars

We will be closed on  
Friday, March 25 and  
26 for Easter Holiday.

Senior Musical  
Showcase- April 12,  
2016 at 5:30p.m. (See  
back page)

Intergenerational  
Easter Egg Hunt-  
Monday, March 28 at  
11:00A.M. (See page 5  
for more detail)



**Kingsport Senior Center Staff**

- **Director-** Shirley Buchanan  
[Shirleybuchanan@kingsporttn.gov](mailto:Shirleybuchanan@kingsporttn.gov)  
392-8403
- **Branch Coordinator-** Michelle Tolbert  
[michelletolbert@kingsporttn.gov](mailto:michelletolbert@kingsporttn.gov)  
392-8404
- **Wellness Coordinator-** Kevin Lytle  
[kevinlytle@kingsporttn.gov](mailto:kevinlytle@kingsporttn.gov)  
392-8407
- **Program Leader-** Amber Quillen  
[amberquillen@kingsporttn.gov](mailto:amberquillen@kingsporttn.gov)  
392-8402
- **Program Leader-**Lori Calhoun  
[loricalhoun@kingsporttn.gov](mailto:loricalhoun@kingsporttn.gov)  
392-8405 **FAX** 224-2488
- **Program Assistant-** Jane Whitson  
[janewhitson@kingsporttn.gov](mailto:janewhitson@kingsporttn.gov)  
392-8406
- **Program Assistant-** Megan Morrow  
[meganmorrow@kingsporttn.gov](mailto:meganmorrow@kingsporttn.gov)  
343-9713
- **Branch Assistant-** Hannah Baker  
[hannahbaker@kingsporttn.gov](mailto:hannahbaker@kingsporttn.gov)  
765-9047
- **Nutrition Site Manager-**  
Sutonia Sizemore  
246-8060
- **Front Office-** 392-8400

## Center News

**The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments and questions from members.**

## Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

## Membership Dues

For Fiscal year: July 1, 2015-June 30, 2016

\$15- Kingsport Residents

\$35- Sullivan County Residents

\$60- Out-of-County Residents

## Location and Hours of Operation

**Main Site: Renaissance Building: (423) 392-8400**

1200 E. Center Street

Kingsport, TN 37660

**Hours of Operation:**

Monday-Friday 8:00am-7:00pm; Saturday 9:00am-Noon

[www.kptseniors.net](http://www.kptseniors.net)

**Lynn View Branch Site: (423) 765-9047**

257 Walker Street

Kingsport, TN 37665

**Hours of Operation:**

Monday-Friday 9:00am-2:00pm

**\*The exercise room and computer lab will close 15 minutes prior to the closing of the Center.**



# WELLNESS

## Wellness Seminars

**Simple Ways to Improve Back Pain:** Dr. Kari Goan with ETSU Family Physicians of Kingsport will be at the Center on **Tuesday, March 22, 2016 at 10:30A.M.** in the Card Room. Topic of discussion will be "Simple Ways to Improve Back Pain". This seminar will show demonstration and educational points on common causes of back pain and simple ways to improve and prevent the pain. **Note:** No sign up required to attend.

**Medicare and Turning 65:** Andrew Price with Mackie Financial Group will be at the Center on **Tuesday, April 5, 2016 at 12:30P.M.** in the Card Room. Topic of discussion will be "Medicare and Turning 65 Educational Event": This seminar will discuss the ins and outs of Medicare and if you are turning 65 in the next 6 months, it can get really confusing. Come find out how Medicare works, ask questions, and talk to an actual person instead of sifting through the mountain of mail you have started receiving. This seminar is an educational event and no sales material will be available. You do not want to miss this event!

**Depression:** Dr. Amy Huber with ETSU Family Physicians of Kingsport will be at the Center on **Tuesday, April 19, 2016 at 10:30A.M.** in the Card Room. Topic of discussion will be "Depression": This seminar will discuss Depression; who is affected, how to identify it, how its treated. So mark your calendars and plan to attend!

**Bridging the Gap Program/Alzheimer's Association Services:** Jill Wishart, LCSW, DCSW with Bristol Regional Counseling Center and Tabitha Ebbert, B.S., C.D.P Manager of Program Education, Alzheimer's Association will be at the Center on **Tuesday, April 26, 2016 at 10:30A.M.** in the Card Room. Topic of discussion will be "Bridging the Gap Program & Alzheimer's Association Services": This seminar will discuss Bridging the Gap through State of TN and Frontier Health a program for adults 50+, home and community based behavioral health services (Medication, Therapy, and Case Management). Serving Sullivan County residents that are uninsured, underinsured or have only Medicare. Administered through Bristol Regional Counseling in Bristol, and Holston Counseling in Kingsport. Also Tabitha Ebbert will present an overview of the multiple services Alzheimer's Association provides and the research projects going on and how people can become a part of them. All participants will be asked to complete a post-presentation questioner to assess knowledge gained for this presentation.

## Tournaments

**Billiards Tournament:** We invite all pool sharks to show off your skills on Wednesday, March 16, 2016 at 10:00A.M. in the billiards room. This tournament will be an 8-ball Tournament singles play, best of three games and double elimination with a minimum of 12 players to sign up for tournament to be held. Cost is \$2.00 per person, payable the day of the tournament. Prizes will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place only. **Note: We will play on all four tables in the billiards room.** Sign up will start on Wednesday, February 17, 2016.

### Sullivan County S.A.L.T Council

Theresa Bright Redmond, CSA Community Liaison with BrightStar Care and Sullivan County law enforcement is start a S.A.L.T. Council, Seniors and Law Enforcement Together. The first meeting will be on **Thursday, March 17, 2016 at 2:00P.M.** in the Card Room and held every 3<sup>rd</sup> Thursday of the month. Topic of discussion will be what the seniors would like to cover with law enforcement. No sign up required. For more information contact Theresa Bright Redmond at 423-989-7827.

### Chimney Rock

Come join us on **Friday, April 22, 2016** as we travel to Chimney Rock, N.C. We will depart the Center at 8:30A.M. Lunch is on your own at Old Rock Café at Chimney Rock Park. Cost of transportation is \$8.00 payable when you sign up and \$10.00 park fee payable the day of trip. Please bring the correct amount (**Cash Only**). **Note:** This trip requires a lot of walking, be sure to wear comfortable shoes and dress appropriately to the weather. Sign up starts on Wednesday, March 16, 2016.

### Briarwood Ranch Safari Park

Come join us for a day of a tractor pulled wagon ride at Briarwood Ranch Safari Park. We will depart the center at 9:15A.M. on **Wednesday, April 27, 2016**. Cost is \$8.00 for transportation payable at sign up. Park fee is \$14.00 due day of trip (**Cash Only**). Briarwood Safari features animals from all around the world. On your scenic, four-mile safari through beautiful hills and pasturelands, you will experience animals from six continents. The park Ranger will stop the tractor from time to time and share great animal stories, and for \$3.00 you get a 5lb bucket of pellet food to feed the animals within the safari area. The Park also offers a petting zoo and a gift shop to buy souvenirs. Be sure to bring your camera and dress appropriately to the weather. Lunch is on your own at Dairy Queen or Taco Bell and after lunch we will stop at Yoder's County Market. Notice: All persons entering Briarwood Ranch do so at their own risk. Briarwood Ranch will not be responsible for injuries to any individual. Sign up starts on Thursday, March 17, 2016.

# Daily Activities and Classes at the Center

## Monday:

- Silver Sneakers Classic: 8:15am – Gym
- Basic Tai-Chi: 8:30am- Room 310
- Open Woodshop: 8:30am-3:00pm- Woodshop
- Massage Therapy: 9:00am- 3:00pm- Multipurpose Room (appointment only)
- Quilting: 9:00am- Room 303
- Lap Swimming: 8:00am- Aquatics Center
- High Impact Aerobic: 9:15am – Gym
- Camera Club – [www.scphotogroup.com](http://www.scphotogroup.com)
- Happy Day Singers: 9:45am
- Clay, Beginning: 10:00am- Clay room
- Strength Training: 10:15am- Gym
- Beginning Line Dancing- 11:30am- Gym
- Intermediate Line Dancing- 12:45pm- Gym
- Knitting: 1:00pm- Room 303
- Mahjong: 2:00pm- Card Room
- Table Tennis: 2:00pm- Gym
- Volleyball: 4:00pm- Gym

## Tuesday:

- Massage Therapy: 9:00am-3:00pm- Multipurpose Room (Appointment Only)
- Lap Swimming- 8:00am- Aquatics Center
- Zumba Fitness: 8:15am- Gym
- Open Woodshop- 8:30am- Woodshop
- Mini Cardio: 8:45am- Room 302
- Ceramics: 9:00am- Ceramics room
- Strength Training: 9:30am- Gym
- Basket Weaving: 9:00am- Room 303
- Renaissance Strings: 10:00am- Atrium
- Sing Along: 10:15am- Cafeteria
- Exercise for Everybody- 10:30am- gym
- Beginner Dulcimer: 11:00am- Atrium
- Shuffleboard: 1:00pm- Ceramics Hallway
- Pickleball: 1:00pm- Gym
- Basketball: 4:00pm- Gym

## Wednesday

- SilverSneakers Classic: 8:15am- Gym
- Open Woodshop: 8:30am- Woodshop
- Lap Swimming: 8:00am- Aquatics Center
- High Impact Aerobics: 9:15am- Gym
- Clay, Intermediate: 10:00am- Clay Room
- Strength Training: 10:15am- Gym
- Intermediate Clogging: 11:15am- Room 302
- Hand & Foot Card Game: 12:30pm- Card Room
- Belly Dancing: 1:00pm- Room 302
- Table Tennis: 1:00pm- Gym
- Basketball: 4:00pm-Gym

## Thursday:

- Zumba Fitness: 8:15am- Gym
- Mini Cardio: 8:45am- Room 302
- Lap Swimming: 8:00am- Aquatics Center
- Bingo: 9:00am-Cafeteria
- Ceramics: 9:00am- Ceramics Room
- Woodcarving: 9:00am- Room 303
- Strength Training: 9:30am- Gym
- Beginning Clogging: 10:00am- Room 302
- Exercise for Everyone: 10:30am- Gym
- Intermediate Dulcimer: 11:00am- Atrium
- Volleyball Lessons- 11:30am- Gym
- Core and Posture Beginning Belly Dance: 11:30am-Room 302
- Jam Session: 12:30pm- Cafeteria
- Volleyball: 1:00pm- Gym
- Shuffleboard: 1:00pm- Ceramics Hallway
- Piano Lessons: 2:00pm- Multipurpose Room
- Cornhole: 4:00pm- Gym

## Friday:

- SilverSneakers Classic: 8:15am- Gym
- Lap Swimming: 8:00am- Aquatics Center
- Tai- Chi: 8:30am- Room 310
- Genealogy Club: 9:00am- Computer Lab
- High Impact Aerobics: 9:15am- Gym
- Strength Training: 10:15am- Gym
- Pickleball: 1:00pm- Gym
- Bridge Group: 1:00pm- Atrium
- Basketball- 4:00pm-Gym

## Saturday:

- Basketball: 9:00am- Gym
- Table Tennis: 10:30am- Gym
- Exercise Room: 9:00am-12Noon
- Computer Lab: 9:00am- 12Noon





## Travel and Special Events

Our **Book Club** will meet every first Tuesday of the month at 10:00A.M. in the Card Room. The book we will be reading for March is called "The Orphan Train" by Christina Baker Kline.

We will be offering **Speed Dating** at the Center on **Friday, March 4, 2016** at 2:00P.M. in the Cafeteria. This is a great way to meet new people. You will have about 5-7 minutes per person to ask questions and get to know them better. This is not just for dating but for friendships also. Sign up in the front office now.

**Flower Arranging Class:** Thursday, March 10, 2016- Card Room- 10:30A.M.-11:30A.M.- Cost: \$10.00 paid to instructor Susan Valentine- Bring scissors and green container if you have it. Sign up now.

**Bob Ross Style Painting-** Wednesday, March 16, 2016- Room 303- 10:00A.M.-2:00P.M.- Cost is \$50.00 paid to instructor Jay Holiday- See example in the display case billiards side- Bring your lunch- Supplies provided. You may sign up now in the front office.

**Wear Your Green St. Patrick's Day Party!** This will be held on **Thursday, March 17, 2016** at 1:00P.M. in the cafeteria. Please sign up no later than March 14<sup>th</sup>.

**Italian Style Cooking-** Monday, March 21, 2016 at 11:30A.M. in the lounge. Cost is \$3.00 paid to instructor Donna Chmielnik day of class. You may sign up now. Maximum of 16 people. **Note:** Due to the popularity of this class; If you sign up and are not at the class by 11:45A.M, we will replace you with someone from the waiting list.

**Easter Lunch-** Tuesday, March 22, 2016- 11:30A.M.- Gym- Please bring a side dish to share with 12-15 people. Please sign up no later than March 15. **\*Note: You will not be allowed into the gym until 11:00A.M. Please make sure to check out our wellness seminar on that day at 10:00A.M. in the Card Room.**

**Beginning Drawing-** Friday, March 25, 2016- Room 303- 1:00P.M.-4:00P.M.- Cost is \$20.00 paid to instructor Anne Thwaites- Learn the basics of how to draw- Supply list available at sign up. Sign up now.

**Intergenerational Easter Egg Hunt with New Vision Youth-** Monday, March 28, 2016- 11:00A.M.- 1:00P.M.- Front Lawn- Free- Please sign up in the front office now. This isn't your normal Easter Egg hunt. Example; If you find a dirty pair of socks you will get a new pair of socks.

**Butterbean Auction-** Wednesday, March 30, 2016- 12:30P.M.-1:30P.M.- Lynn View Community Center- Free-Sponsored by Visiting Angels- You will be given butterbeans the day of the program and you can purchase items with your butterbeans. Lots of fun!! Please call 765-9047 to sign up. Please sign up by March 28 at noon.

**Cooking with Tracy Demonstration-** Monday, April 4, 2016 at 11:00A.M. in the lounge- Cost is \$5.00 paid at sign up. Sign up begins March 7. Maximum of 16 people. **Note:** Due to the popularity of this class; If you sign up and are not at the class by 11:15A.M, we will replace you with someone from the waiting list.

**2016 Senior Musical Showcase-** Tuesday, April 12, 2016- 5:30P.M.-7:30P.M.- Theater-Free. This showcase will show off our musical and dance classes that we offer at the Center. You will not want to miss this. If you are interested in any of our music or dance classes then please be sure to attend this showcase.

**Trivia Crack-** Thursday, April 14, 2016- 11:00A.M.- Card Room- Free. Trivia Crack is an iphone app that we are bringing to life. You and a partner will compete against other teams. Categories include: History, Sports, Entertainment, Geography, Art, and Science. Sign up begins March 15.

### 2016 Dog Show Winners:

**Dog and Owner Look-Alike-** 1<sup>st</sup>: Carol Schmidt and Tinkerbelle 2<sup>nd</sup>: Sandy Roach and Willowbee 3<sup>rd</sup>: Edna Longwell and Ziggy.

**Best Vocal Performance-** 1<sup>st</sup> Edna Longwell and Ziggy; 2<sup>nd</sup> Jill Thomasson and Leai; 3<sup>rd</sup>: Patricia Chapman and Jenny.

**Best Trick-** 1<sup>st</sup> Mallory McClain and Sawyer; 2<sup>nd</sup> Carol Schmidt and Tinkerbelle; 3<sup>rd</sup> Angela Price and Sandi.

**Best Dressed-** 1<sup>st</sup> Mike Renfro and Emmie; 2<sup>nd</sup> Carol Schmidt and Tinkerbelle; 3<sup>rd</sup> Angela Price and Sandi.

**Least Obedient-** 1<sup>st</sup> Betty Turner and Ava; 2<sup>nd</sup> Dana Kyte and Coco; 3<sup>rd</sup> Earl Dunn and Sparky.

**Most Glamorous Female-** 1<sup>st</sup> Carol Schmidt and Tinkerbelle; 2<sup>nd</sup> Sandy Roach and Willowbee; 3<sup>rd</sup> Dana Kyte and Coco.

**Cutest Male-** 1<sup>st</sup> Mallory McClain and Sawyer; 2<sup>nd</sup> Gladys Haynes and Peppy; 3<sup>rd</sup> Dorothy Lawson and Sam.

**Best Tail Wag-** 1<sup>st</sup> Jill Thomasson and Leai; 2<sup>nd</sup> Carol Schmidt and Tinkerbelle; 3<sup>rd</sup> Jim Cromer and Tinkerbelle.

**Celebrity Look Alike-** 1<sup>st</sup> Gloria Keith and Sarah.

**Top Dog-** 1<sup>st</sup> Mallory McClain and Sawyer; 2<sup>nd</sup> Carol Schmidt and Tinkerbelle; 3<sup>rd</sup> Annie Gamble and Venice.

## Travel and Special Events

### **Barter Theater Presents: “Big Fish” with Lunch at Red Lobster**

**Tuesday, March 8, 2016**

**Abingdon, VA**

**10:30A.M.-6:00P.M.**

**Cost: \$30.00 with Lunch on your own**

Overflowing with heart, humor and spectacular stagecraft, *Big Fish* reminds us why we love going to the theatre – for an experience that’s richer, funnier and **BIGGER** than life itself. This whimsical, touching Southern story centers on Edward Bloom, whose incredible, larger-than-life adventures thrill everyone around him – most of all, his devoted wife Sandra. But their grown son Will, about to have a child of his own, is determined to find the truth behind his father’s enormous passions and epic tall-tales. Based on the celebrated novel by Daniel Wallace and the acclaimed film directed by Tim Burton, *Big Fish* is a tribute to the power of dreaming big.

**Sign up now.**

### **Barter Theater Presents: “Classic Nashville Roadshow” with Lunch at Outback**

**Thursday, April 28, 2016**

**Abingdon, VA**

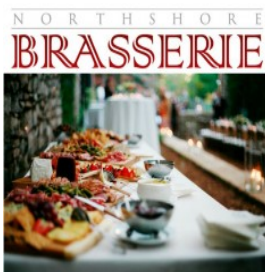
**10:30A.M.-6:00P.M.**

**Cost: \$30.00 with lunch on your own**

Featuring two of Barter’s favorite singer/actors, Jason Petty and Katie Deal, this tribute to the true legends of country music begins in the heyday of The Grand Ole Opry and tells the stories of: Hank Williams, Patsy Cline, George Jones, Loretta Lynn, Conway Twitty, Tammy Wynette, Merle Haggard, Dolly Parton and more. Jason & Katie deliver inspiring renditions of their heroes and give insights into how their songs were written and performed. And, what would it be without a comedy tribute to everyone’s favorites, Minnie Pearl and Rod Brasfield. Featuring your favorite classic country songs: *On the Road Again*; *Louisiana Woman*, *Mississippi Man*; *Crazy*; *Hey, Good Lookin’*; *Stand By Your Man*; *Coal Miner’s Daughter*; *Harper Valley PTA*; *King of the Road* and so many more!

**Sign up now.**

### **OTLB: Northshore Brasserie with Shopping at Turkey Creek**



**Friday, May 13, 2016**

**Knoxville, TN**

**8:30A.M.-5:00P.M.**

**Cost: \$21.00 for lunch  
and transportation**

Lunch buffet includes choice of soft drink, iced tea, or coffee; includes soup of the day, grilled chicken, quiche of the day, crostini of the day (open faced sandwich), salad station, fresh fruit, and homemade chocolate chip cookies.

**Sign up now.**

### **OTLB: Fern Valley Farm Lunch at the Gathering Place & Farm & Garden Tour**



**Friday, June 10, 2016**

**Bristol, VA**

**10:00A.M.-3:00P.M.**

**Cost: \$22.00 for lunch and  
transportation**

The menu for the luncheon comes from all local foods from the farm and BRISTOL area farmers. It includes wonderful fresh from the garden salad, their very own Fern Valley Farm dressing, entrée, 2 sides, a fabulous dessert, and coffee and tea served in the beautiful barn house Gathering Place. This includes a quick tour of the farm, the story of how they got to this are and started their children’s farm, and a tour of their lovely gardens.

**Sign up now.**

## Your Page

### **2016 Happy Day Singers Schedule**

January 4- Crown Cypress  
 January 11- Elmcroft  
 January 18- Closed  
 January 25- Preston Place I  
 February 1- Holston Manor  
 February 8- Brookhaven  
 February 15- Church Hill  
 February 22- Greystone @ Airport  
 February 29- Baysmont  
 March 7- Crown Cypress  
 March 14- Elmcroft  
 March 21- Brookdale @ Rocksprings  
 March 28- Preston Place II  
 April 4- Holston Manor  
 April 11- Brookhaven  
 April 18- Church Hill  
 April 25- Greystone @ Airport  
 May 2- Crown Cypress  
 May 9- Elmcroft  
 May 16- Brookdale @ Rocksprings  
 May 23- Preston Place I  
 May 30- Closed  
 June 6- Holston Manor  
 June 13- Brookhaven  
 June 20- Church Hill  
 June 27- Greystone @ Airport  
 July 4- Closed  
 July 11- Elmcroft  
 July 18- Brookdale @ Rocksprings  
 July 25- Preston Place II  
 August 1- Holston Manor  
 August 8- Brookhaven  
 August 15- Church Hill  
 August 22- Greystone @ Airport  
 August 29- Baysmont  
 September 5- Closed  
 September 12- Elmcroft  
 September 19- Brookdale @ Rocksprings  
 September 26- Preston Place I  
 October 3- Holston Manor  
 October 10- Brookhaven  
 October 17- Church Hill  
 October 24- Greystone @ Airport  
 October 31- Baysmont  
 November 7- Crown Cypress  
 November 14- Elmcroft  
 November 21- Brookdale @ Rocksprings  
 November 28- Preston Place II  
 December 5- Holston Manor  
 December 12- Brookhaven  
 December 19- Church Hill  
 December 26- Closed

### **Massage Therapy**

Mondays and Tuesdays  
 9:00am-3:00pm  
 Call Barbara Keesecker at 423-735-7475  
 to set up your 30-minute appointment  
 Cost: \$20.00

### **Kingsport Senior Center Advisory Council Members**

Bruce Shine (Chairman)	Jean Chang
Brenda Cunningham	Carmen Moix
Norma Livesay	Frances Cottrell
Lester Pridemore	Mary Porter
Carol Woodard	Sherri Mosley
Pat Breeding	



**Biscuits and Bingo at Lynn View Cafeteria will be held on Thursday, April 14, 2016 from 10:30am-11:30am. This is a free event you will not want to miss. Sign up by calling Lynn View Branch Site (Monday-Friday 9:00am-2:00pm) at 765-9047. Please sign up by April 11. Sponsored by: Slater Auction & Realty**



## News to Use

### Schedule changes due to weather:

If the Kingsport City Schools are closed all of our regular scheduled classes for the day will be cancelled. However, we will still be open. You will still have access to the billiards room, computer lab, exercise room, ceramic room, gym and lounge.

### Kingsport Senior Center Space Study

The Kingsport Senior Center has received quotes and is working to finalize plans for a space study to begin in the New Year. This study will take an in depth look at the Centers programs, attendance, facility, and the needs required to meet present and future growth of membership. Like the accreditation process, we will be asking for our members input. Please be thinking about current usage of the space we have in our facility and what we will need for the future. Several open meetings will be planned to relay these ideas in the upcoming months.



Do you have a Facebook account? If so, please like the Kingsport Senior Center Facebook page. Facebook is a great way to check out what is and will be going on at the Kingsport Senior Center.



## Recipe of the Month

### Ingredients:

- 12 ounces of buttermilk biscuit dough
- 6 eggs
- 1 (2 3/4 ounce) package peppered gravy mix (makes 2 cups)
- 1 lb sausage, any flavor
- 1 cup cheese, shredded (I like to use cheddar)
- 1/2 cup milk
- salt and pepper

### Directions:

- Preheat oven to 350°F Take a 13 x 9 pan and spray with cooking spray (or smear with butter). Cut biscuit dough into 1" pieces and place evenly in the bottom of the pan.
- Brown the sausage and drain. Scatter the browned sausage over the biscuit pieces, then top with shredded cheese.
- Whisk the eggs and milk with a pinch of salt and pepper, then pour over the pan.
- Make gravy according to instructions on package and pour over the pan. Bake for 30 - 45 minutes, depending on how hot your oven runs.
- Cut and serve. It's delicious warm right out of the oven!





## **Computer Classes**

**How to Use an iPad:** Monday's and Friday's (Feb 8, 12, 15, 18, 22, 26, 29, and Mar 1, 2016) The cost is \$25.00 paid at sign up. Please sign up by Feb 5 by noon.

**Computer Instruction:** \$15.00 an hour paid to instructor Charles Harrell or Whitney Sensabaugh. Call the front office to make your appointment.



## **Benefits of Meditation with Lee Stone**



- **Keeps you stress free**
- **Reduces Aging**
- **Adds more hours to your day**
- **Helps you appreciate life more**
- **Helps you feel more connected**
- **Makes you and those around you happier**
- **Improves functioning of your brain**
- **Helps you have a good nights sleep**
- **Improves metabolism and helps with weight**
- **Increases immunity and helps fight disease**
- **Increases your attention span**

This class is taught by Lee Stone on Tuesday and Thursday in room 306 at 9:30am. The cost is \$5.00 per class.

## **Manicures**

Dobyns-Bennett cosmetology students will be at the center on Tuesday, April 12, 2016 to do manicures. Sign up now.

## **Library Book Day**

No Library Book day until further notice.

\*\*We are missing some library books that were checked out or mistakenly picked up and thought the books were free during library book day. The Senior Center is being charged \$821.70 for these books. If you have any of the books please return them to the Kingsport Senior Center office as soon as possible. Thank you.

## **Karaoke**

Tuesday, March 15, 2016  
4:00pm-6:30pm in the cafeteria

## **SMILE: Volunteers Wanted**

Attend SMILE meeting-  
Thursday, March 10, 2016 at  
2:00pm  
in room 239.

Come and find out about all of our wonderful volunteer opportunities. Contact Michelle at 392-8404 for more information.



# Spring Classes 2016

**Winter classes end week of March 21. Spring classes begin week of April 4 through week of June 20, 2016 unless otherwise noted.**

## Aerobics

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi impact aerobics

## Basic Tai-Chi

- Monday
- Time: 8:30am
- Location: Room 310

This will be led by Pastor Richard. He has practiced tai-chi since 1958 and will teach participants the basics/beginnings of tai-chi. Walk-ins welcome

## Ballroom Video Class

- Tuesday
- Time: 4:30pm-6:00pm
- Room 302
- No instructor, practice on your own

## Basket Weaving

- Tuesday
- Time: 9:00am-12:30pm
- Room 303
- Instructor: Lynne Bowers

## Core & Posture Belly Dance for Beginners (women only)-

- Thursday
- Time: 11:30am-12:30pm
- Location: Room 302
- Instructor: Angela Price

## Belly Dancing- (Women Only)

- Wednesday
- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your core and abdominals.

## Camera Club

Please visit website for meeting times. Instructor: Claude Kelly  
Website:  
[www.scphotogroup.com](http://www.scphotogroup.com)

## Ceramics

- Tuesday and Thursday
- Time: 9:00am-11:00am
- Location: Ceramic Room
- Instructor: Mary Lamson
- **Please remember your \$15 annual firing fee**

## Clay (Beginning Hand-Building)

- Monday- April 4 –June 20.
- Sign up starts March 14.
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$15.00 firing fee.
- Limit 16 people
- Pay at signup, no refunds

## Clay (Intermediate Hand Building)

- Wednesday- April 6- June 22.
- Sign up starts March 14.
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Phillip Shivell
- Fee: \$30.00, plus \$15.00

## Clogging (Beginning)

- Thursday
- Time: 10:00-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

## Clogging (Intermediate)

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

## Dulcimer (Beginners)

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Appalachian/Lap dulcimer book: Cost: \$9.99. Supply list available at signup

## Intermediate Dulcimer

- Thursday
- Time: 11:00am
- Location: Atrium
- Instructor: Mark Farmer

## Exercise for Everybody

- Tuesday & Thursday
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

# Spring Classes 2016

## Happy Day Singers

- Monday
- Time: 9:45am
- Inspirational signing at nursing homes

Any member wanting to participate needs to meet outside the Senior Center office each Monday at 9:00am. We travel by bus to the location where we are scheduled to sing.

## Jam Session

**Will be held every 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month.**

## Karaoke

- 3<sup>rd</sup> Tuesday each month
- Time: 4:00pm
- Location: Cafeteria
- Bring a snack
- Facilitated by: Gary Coates

## Knitting Class

- Monday
- Time: 1:00-3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

## Lap Swimming

- Monday-Friday
- Time: 8:00am-11:00am
- Location: Aquatics Center
- No instructor, Lap swimming
- Locker room and warm water pool available for use.

## Mahjong

- Monday
- Time: 2:00pm
- Location: Card Room
- Instructor: Jean Chang

Beginners to advanced player's welcome.

## Mini Cardio

- Tuesday & Thursday
- Time: 8:45am-9:15am
- Room: 302
- Instructor: Roger Hixon

## Piano Lessons

- Thursday
- Time: 2:00pm-7:00pm
- Room: Multipurpose Room
- Instructor: Freda Karsnak
- Fee: \$15.00 paid to instructor
- Call to schedule appointment: 292-2711

## Quilting

- Monday
- Time: 9:00am-10:30am
- Location: Room 303
- Instructor: John Plutchak

## Renaissance Strings

- Tuesday
- Time: 10:00am-11:00am
- Location: Atrium
- Instructor: Mark Farmer

## Rook

- Tuesday
- 4:00pm
- Location: Card Room
- Bring snack to share

## SilverSneakers Classic

- Monday, Wednesday, Friday
- Time: 8:15am-9:00am
- Location: Gym
- Low Impact Aerobics
- Instructor: Terri Bowling

## Strength Training

- Monday, Wednesday, Friday
- Time: 10:15am-11:0am
- Location: Gym
- Instructor: Terri Farthing

## Strength Training

- Tuesday & Thursday
- Time: 9:30am-10:30am
- Location: Gym
- Instructor: Kevin Lytle

## Tai-Chi

- Friday
- Time: 8:30am
- Location: Room 310
- Instructor: Hang Lei

## Woodcarving

- Thursday
- Time: 9:00am-12:00pm
- Location: Room 303
- Beginners welcome

## Woodshop

- Monday, Tuesday, Wednesday
- Time: 8:30am-3:00pm
- Location: Woodshop
- Instructor: Volunteers
- Safety test required. Given 1<sup>st</sup> Monday of each month at 9:00am
- Saturday's 9-12

## Zumba

- Tuesday & Thursday
- Time: 8:15am
- Location: Gym

# Spring Classes 2016 Branch Site Schedule

## Core Conditioning

- Monday, Wednesday & Friday
- Time: 9:00am
- Location: Lynn View
- Instructor: Chris Hicks
- Great for all ages
- Gain core strength

## Beginning I Crochet

- Friday
- 6 week class
- Time: 11:00am-12:00pm
- Instructor: Susan Egan
- Location: Lynn View
- Cost: \$20.00; paid to instructor
- Sign up by March 8.

## Beginning II Crochet

- Friday
- Time: 12:30 - 1:30pm
- Sign up by March 8.

## Intermediate Crochet

- Friday
- 6 week class
- Instructor: Susan Egan
- Time: 9:30 - 10:30am
- Cost: \$20.00, paid to instructor
- Limited to 6 participants
- Sign up by March 8.

## Art Class

- Tuesday
- 10:00am-12:00pm
- Location: Lynn View
- Instructor: Jo Anne McDonough

## Core Yoga

- Tuesday & Thursday
- 11:00 - 11:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

## Corn Hole

- Monday-Friday
- 9:00am - 2:00pm
- Lynn View
- Ask in office at Lynn view for corn hole boards.

## Artist and Crafters Monthly

### Breakfast

- 2<sup>nd</sup> Tuesday of each month
- Time: 10:00am
- Location: Lynn View
- Please call for reservation 765-9047 (Mon-Fri 9:00am-2:00pm)

### Yoga

- Tuesday & Thursday
- Time: 11:30am-12:30pm
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

### SilverSneakers Classic

- Monday, Wednesday & Friday
- Time: 10:00am
- Location: Lynn View
- Instructor: Chris Hicks

### Total Body Workout

- Monday & Wednesday
- Time: 9:30am
- Location: VO Dobbins Gym #2
- Instructor: Terri Bowling

**Blood Pressure checks will be held at Lynn View from 11:00am-12noon every 3<sup>rd</sup> Thursday of the month provided by Villages of Allandale**

### Pamper Me Pretty

- Wednesday, March 9, 2016
- 12:30 - 1:45pm
- Location: Lynn View Cafeteria
- Instructor: Angela Tunnell
- Facials and makeup along with skin care over 50. Free samples of Clarion and Lancôme
- Call 765-9047 to sign up

### Butterbean Auction

- Wednesday, March 30, 2016
- 12:30 - 1:30pm
- Lynn View Community Center
- Free
- You will be given butterbeans the day of the program and can purchase items with them.
- Sponsored by Visiting Angels

## Pickleball

- Monday, Wednesday & Friday
- Time: 10:00am and 1:00pm
- Location: Lynn View Community Center Gym

## SilverSneakers Yoga

- Tuesday & Thursday
- Time: 10:00am
- Location: Bloomingdale Baptist Church
- Instructor: Chris Hicks

## Indoor Walking

- Monday - Friday
- Time: 9:00am - Noon
- Location: Colonial Heights Baptist Church
- There will be a roster in the gym office at the church. Please sign the roster for attendance.

## Indoor Walking

- Monday-Friday
- Time: 9:00am - 12noon
- Location: Bloomingdale Baptist Church. Sign notebook for attendance.

## It's Your Lucky Day!

- Wednesday, March 16, 2016
- Time: 12:30 - 1:45pm
- Lynn View Cafeteria
- Music provided by Slim Pickins
- Don't forget to wear your green!
- Free
- Call 765-9047 to sign up, sign up by March 9.
- Refreshments and prizes sponsored by Brookdale Rock Springs.

## Game Day: Learn to play buncol

- Thursday, March 10, 2016
- 10:30am
- Lynn view Community Center
- Facilitated by: Dottie Shockley and Delilah McCarty
- Call Lynn View to sign up





## Adult Education

### Job Skills

#### Cake Decorating

- ❖ Monday
- ❖ March 7-21, 2016
- ❖ 5:30 to 7:30pm
- ❖ Cafeteria
- ❖ Cost: \$20.00 paid to instructor first day of class
- ❖ Focus will be decorating cakes with fondant.
- ❖ Please sign up by March 3, 2016

#### Basic Computer Classes

- ❖ Tuesday's
- ❖ March 22 - April 26, 2016
- ❖ 3:00 - 5:00pm
- ❖ \$25.00 for members and \$35.00 for non members
- ❖ Please sign up by March 15

#### Beginner Banjo II

- ❖ Thursday's
- ❖ March 17-April 21, 2016
- ❖ Room 303
- ❖ \$80.00 for members and \$120 for non members.
- ❖ Bring your banjo
- ❖ Please sign up by March 14.
- ❖ Instructor: Tommy Freeman

#### Chair Canning

- ❖ Tuesday's
- ❖ April 5-May 10, 2016
- ❖ \$40.00 for members and \$50.00 for non members
- ❖ Room 303
- ❖ 6:00 - 8:00pm
- ❖ Must bring chair to 1<sup>st</sup> class; let us know what type of chair.
- ❖ Supplies will be available first day of class for \$25.00 or you can bring your own.

## Cultural/Arts/Crafts

### "The Tour De France" Regional Cooking Classes

- ❖ Thursday
- ❖ March 24-April 28, 2016
- ❖ 6:15 - 9:15pm
- ❖ Location: Village at Allandale
- ❖ Cost: \$249.00 per person paid at sign up
- ❖ Please sign up by March 17, 2016.

\*France is a wondrous country composed of several provinces in which a specific cuisine has evolved, each using locally produced ingredients. French cuisine is thought of as a major art form, French Gastronomy, which uses the enormous riches of the French countryside to produce food that is unique in the world of cooking; it is a gastronomic tradition which is closely guarded by French chefs and restaurateurs. We will use the best of seasonal, fresh ingredients, sans preservative, additives, or chemicals; nothing will be frozen or canned. Each class will feature both classical and modern elements of a regional cuisine, beginning with Brittany and Normandy; we will conclude each class with a three-course meal, which we will share together.

Sponsored by:



#### Basket Weaving

- ❖ Tuesday's
- ❖ April 5-May 10, 2016
- ❖ Room 303
- ❖ 6:00 - 8:00pm
- ❖ \$40.00 for members and \$50.00 for non members, paid to instructor first day of class.
- ❖ Instructor: Lynne Bowers
- ❖ Supplies available first day of class for \$50.00 or you can bring your own.

## Health/Exercise

### Personal Training with Chris



- ❖ Instructor: Chris Hicks
- ❖ Available by the hour or as package
- ❖ Contact Chris (423) 723-9967 for pricing

#### Piloxing

- ❖ Tuesday's/Friday's
- ❖ 9:30am
- ❖ Room 302
- ❖ Instructor: Terri Bowling
- ❖ Cost: \$2.00 for non members; Free to Senior Center members
- ❖ Pay for 12 classes at Senior Center office. We will give you a punch card and instructor will punch your card each class.

#### Zumba

- ❖ Monday
- ❖ March 7 - April 11, 2016
- ❖ 5:30pm
- ❖ Cost: \$20.00 for members and \$25.00 non members paid at sign up
- ❖ Where: Lynn View Cafeteria

### Beginning Sign Language Class

- ❖ Monday's
- ❖ March 14 - April 18, 2016
- ❖ Room 303
- ❖ 5:30 - 7:30pm
- ❖ \$50.00 for members and \$60.00 for non members, paid to instructor 1<sup>st</sup> day of class.
- ❖ Instructor: Jenny Page
- ❖ Learning sign language requires someone to sign with so bring a partner.
- ❖ You will need to purchase the book for \$13.56 at books a million. The book is called "Signing Made Easy"

## Pool Advisory Update

\*Wednesday, January 13, 2016 we held a pool tournament with 14 players from Bristol. We played 117 games in 4 hours and 15 minutes. We won by 5 games.

\*Periodically we plan on shooting with various senior centers, through tournaments and such, to get to know people in the tri-cities area.

\*Johnson City has recently reached out to our senior center to have a tournament.

\*The pool room is always busy, yet everyone always has a fair opportunity to get on a table and play.

\*Everyone that drinks the coffee in the pool room happily contributes in for the supplies needed to drink the coffee.

\*Everyone gets along nicely in the pool room and its always full of traffic.

## Investment Advisory Update

\*They meet the first Friday of each month at 10:00A.M.

\*They speak about the stock market and analyze personal stock.

\*They trade information on how each other should and could better invest.

\*This meeting gives investors a sounding board with people of like interests in financial goals.

\*It's an open discussion where everyone gets to speak fairly and everyone is heard. No one dominates any of the conversations in order for everyone to have a fair experience.

\*Each meeting had anywhere from 5 to 10 members. The number of members has increased due to personal contact and word of mouth.

\*They have a screen with visual aids of the stock they are speaking about as well as having a few laptops to get the best information across as they can.

\*Everyone in the meetings has investments and they all offer help to each other.

\*Everyone is very happy with the meeting and everyone is benefiting from it.

## Stress Relief Coloring







## 2016 Senior Musical Showcase

Tuesday, April 12, 2016  
5:30P.M.-7:30P.M.  
Free

This is a great opportunity to come see the music and dance classes we offer at the Center. If you are interested in any of our music or dance classes then you do not want to miss the show. Our classes include; dulcimer, banjo, piano, belly dancing, clogging, line dancing, and more.

The Kingsport Senior Center  
1200 E. Center Street  
Kingsport, TN 37660

PRSRT STD  
U.S. POSTAGE  
PAID  
KINGSPORT, TN  
PERMIT NO. 291